

Adult Mental Retardation Services

Mission Statement:

BDS Adult Mental Retardation Services will provide leadership and be an active partner in Maine's comprehensive system of support to individuals with mental retardation and autism. At the foundation of this system is the belief that all individuals, through self-determination, can achieve a quality of life consistent with the community in which they live. Supports will be flexible and designed in a manner that recognizes people's changing needs throughout their lifetimes.

Serving Maine Adults With Mental Retardation and Autism

The Maine Department of Behavioral and Developmental Services (BDS) works in partnership with a network of not-for-profit agencies and private providers to achieve a comprehensive array of services for approximately 5,000 adults with mental retardation or autism. These services support people in becoming included in their communities.

The provider community is the backbone of this system. Approximately 500 agencies and providers offer primarily residential, day and employment support through a variety of MaineCare and BDS programs and funding sources. Residential services are offered in a variety of home settings including family foster homes, group residences and supported apartments.

About 150 new individuals enter the system annually. The challenge ahead is the continuing effort toward development of a system that values and supports community-based services. Today, people who are entering the service system need and want many different types of support. Many people want their own homes or places to live and want to direct their own services. They want jobs and so-

cial or recreational activities where they choose to live. To this end, a major goal of Mental Retardation Services is to assist and support people in becoming included in their communities.

Mental Retardation Services divides its responsibilities across three BDS regions with seven offices. Within each region, BDS staff provide case management as its primary direct service together with the following functions: crisis services, adult protection, guardianship, family support, intake, representative payeeship, training and eligibility determination. The staff in each office perform individual funding allocation, resource development and professional service development. The following are descriptions of these services:

Case Management - Case management services for adults with mental retardation is provided exclusively by state employees. Case managers can coordinate a variety of services for an individual based on the person's need and personal choice. An Individual Support Coordinator (ISC) will work with the person and their family through an individual planning process. The ISC will help determine needed services and support and also help access and coordinate those needed services.

Crisis Services - Each BDS region has a crisis team to provide assistance to individuals, families, guardians, and providers. The crisis team works to help individuals remain in their homes and local communities during and after crisis incidents. The team can provide outreach support, consultation, education, and in-home services. Each of the regional crisis teams also operates a residential service for short-term stabilization. Crisis services are available 24 hours a day and are available through a toll-free hotline: **1-888-568-1112**.

Public Guardianship - BDS serves as a public guardian for incapacitated persons with mental retardation when no private individual is able to act as a private guardian. The authority of guardianship is delegated to the Department's guardianship Program Manager who oversees this program.

Representative Payee - If it is determined (by the Social Security Administration, Veterans Administration, or similar entity) that an individual needs assistance in conducting their financial affairs and there are no family members or other responsible individuals in a person's life



State of Maine
Department of Behavioral
and Developmental Services

Lynn F. Duby, Commissioner

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Pineland Closed

In 1996, Maine was the fourth state in the country to close its institution for people with mental retardation. The nearly 266 individuals who left Pineland Center between 1991 & 1996 went into a community setting of their choice. Many went into a home developed specifically to meet their needs.

Home and Community Based Waiver Services (HCBW)

This federally approved service is intended to reduce the reliance on institutional care in Maine for adults with mental retardation. It offers a wide array of services that allow each person's unique needs to be planned for and addressed in a community setting. Today 2,400 individuals receive supports from this community based program.

Services Notes

- Approximately 5,000 individuals are currently served
- Approximately 150 new individuals enter the system annually
- There are approximately 500 private-providers of services statewide
- The private service sector workforce is over 4,500

to do so, that service can be provided through BDS.

Quality Improvement/

Quality Assurance - The Quality Improvement/Quality Assurance System for Adult Mental Retardation Services provides ongoing review of activities — ensuring health and safety, reviewing individual unmet needs, measuring people's involvement in their communities and monitoring the many requirements which govern the Department's delivery of services.

Advocacy - The Office of Advocacy advocates for those served by the Department in all matters pertaining to rights and dignity. Advocates are the investigators of allegations of abuse, neglect, and exploitation pertaining to adults with mental retardation in Maine.

Person Centered Planning - Person Centered Planning is a flexible approach to planning with and for someone with mental retardation. There are several planning stages and each stage is created based upon the needs, desires and preferences of the person, with input from family and other members of his/her planning group.

Person-centered planning is a process that:

- Is directed by the individual or their representative
- Respects, reflects, and assures the individual's choices
- Is adaptable and creative
- Is meaningful
- Is "user friendly"

Person Centered Planning is the process that is used to identify unmet needs for services. It is the compilation of these needs that BDS uses to make budget requests.

Training - Training Coordinators in each region work with BDS staff and providers to develop and deliver training throughout the system.

In addition to these services and programs, there are a number of new initiatives currently under development or being implemented:

Public Guardianship Pilot

Program - The Public Guardianship Pilot Program has the responsibility to act as public guardian for 675 adults with mental retardation. Currently the system is managed by a guardianship manager with authority delegated to state case-workers.

BDS is piloting a program that separates guardianship functions from the case management function in order to guard against any potential conflict of interest. This pilot places one public guardian in a regional office who will make all guardianship-related decisions for individuals under Public Guardianship. The pilot program will examine the practical effect, in terms of the health, safety, and quality of life of the consumer under public guardianship.

Statewide Curriculum - In 2002, the Department initiated a statewide curriculum and certificate program for the training of direct support workers.

Web Site - BDS - MR services is working on an enhanced web site www.state.me.us/bds/mrservices/MRindex.htm to provide information about state services, as well as links to other resources to families and other stakeholders.

Self-Determination

Waiver - MR Services is developing a MaineCare Waiver Program that would allow individuals and/or families to design and direct their own services. This support waiver will offer a limited set of services that preserves natural care giving in one's own home, in a cost efficient manner. Types of services which may be included are employment, homemaker services and personal supports.

Inclusion - A major departmental effort is to assure that all people are included in their community. To support that effort, Mental Retardation Services has provided direct support and consultation to consumers, families and providers. Additionally, we have developed training and resource materials to support people with mental retardation in expanding access to their communities. The primary focus has been on the conversion of some center-based day programs and sheltered employment to community-based services and work.

For more information about BDS visit: www.state.me.us/bds/